



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2014

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Tall Ships
page 3

Taste of Friendship Heights



The eighth annual Taste of Friendship Heights, featuring tastings from local restaurants, is scheduled for **Saturday, Sept. 27, noon to 4 p.m.**, (rain or shine) at the Village Center.

The Taste of Friendship Heights will showcase some of the area's premier restaurants, including Indique Heights, The Capital Grille, Alfio's, Mi Cocina, Maggiano's, Rosa Mexicano, P.F. Chang's, Whole Foods, Courtyard Marriott and Sunrise Brighton Gardens.

Attendees can purchase food and drink tickets (\$5 for four tickets); most food and drinks will cost three or four tickets. A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place.

Long & Foster Real Estate/Christie's International Real Estate and TTR Sotheby's International Realty are Platinum Sponsors of the event. The Silver Sponsor is Eye Doctors of Washington. Bronze Sponsors are Nancy Mellon Realty and GetWell Rehabilitation LLC. Also contributing to the event are CapitalOne Bank, Bank of Georgetown, Chevy Chase Florist, and American University. Entertainment at the event includes live music by the Dixie Power Trio, a moon bounce, balloons, a clown, and, face painting. The A.U. basketball team will be on site to shoot hoops with kids and give away prizes.

The raffle is back this year with donations from various restaurants. One raffle ticket will be given with every \$20 purchase of food tickets. More information is available at www.tasteoffriendshipheights.com.

The Smithsonian's newest museum



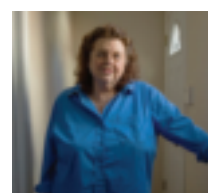
Jacquelyn Days Serwer, Chief Curator of the Smithsonian National Museum of African American History and Culture, will speak at the Center on **Thursday, Sept. 18, at 7:30 p.m.**

Dr. Serwer will provide a preview as well as some background on how the museum came to be and show a sampling of the inaugural exhibitions.

The new museum is under construction on a five-acre tract adjacent to the Washington Monument and is scheduled to open in 2016. The NMAAHC will be the only national museum devoted exclusively to the documentation of African American life, art, history, and culture. Prior to her current Smithsonian appointment, Dr. Serwer was chief curator at the Corcoran Gallery of Art.

Please let us know if you plan to attend by calling 301-656-2797.

Carol Fennelly: A Champion of Change



She was the nation's most prominent advocate for the homeless. For most of the 1970s and

'80s Carol Fennelly ran and lived at the Community for Creative Non-Violence homeless shelter creating innovative programs and affecting public policy on homeless and housing issues. In 1998, while enjoying retirement and giving occasional political commentary on public radio, she learned that Lorton Correctional Institution was closing and sending DC prisoners far from home. Ms. Fennelly was inspired to create Hope House to help fathers in prison stay connected to their children through videoconferencing, recording books and even a "summer camp behind bars." She will speak at the Village center on **Monday, Sept. 22, at 7:30 p.m.** about Hope House, where she is Executive Director, and her encore career.

In 2012 Ms. Fennelly was honored at the White House as a Champion of Change "for her dedication to the well-being of children of incarcerated parents... For nearly four decades Carol Fennelly has been a voice for dispossessed and forgotten people in the nation's capital."

Please call 301-656-2797 to sign up for this inspiring evening.

Does that von Furstenburg still fit?

We're in the final phases of collecting items to showcase in our fashion show and luncheon celebrating 100 years of style. Many residents have graciously offered to loan some of their pieces to our cause, but we could use many more items. If you have an item of clothing or accessory that you think is representative of a decade and you would like to loan it to us for our fashion show, contact Anne O'Neil or leave your name, phone number and description of the item at the front desk. If it still fits, you might consider being a model for our show. Please DO NOT bring any items to the Center. Also, items should be in excellent condition—remember they will be in a fashion show. We would like to confirm the line-up of clothing to be modeled no later than Sept. 30. Please consider loaning us something from your closet. It's a shame to keep those gorgeous pieces hidden!

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Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Lunch and Tall Ships

Don't miss the opportunity to see scores of ships from around the world when we board the Spirit of Baltimore for a three-course lunch and the Star-Spangled Sailabration on **Friday, Sept. 12.**



During this day cruise, we'll view tall ships and naval vessels from the deck of the Spirit of Baltimore. We'll also cruise past Fort McHenry, the fort that inspired Francis Scott Key to pen the Star Spangled Banner during the war of 1812.

We'll depart from the Village Center at 9:30 a.m. and should return no later than 3:30 p.m.

The cost of the trip is \$98, which includes round trip transportation, the cruise and all taxes and gratuities. The deadline to sign up is Sept. 5.

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Dr. Majid Fotuhi on proactive aging

Dr. Majid Fotuhi, one of the world's foremost authorities on memory, brain performance, and aging, will speak at the Village Center on **Wednesday, Oct. 1, at 1 p.m.**

In a presentation titled *Proactive Aging: Food and Lifestyle Choices*, Dr. Fotuhi will discuss how certain foods can help to reshape the brain and strengthen cognitive reserve. According to latest research, the right nutrients can help delay or reverse memory loss and help you think faster and focus better. They can also reduce risk for stroke. Dr. Fotuhi will suggest simple changes in your diet and

lifestyle that can make a lasting difference to your brain for years to come.

Dr. Fotuhi is founder of the NeurExpand Brain Center, a neurology practice that focuses on improving memory and cognitive function. He has been featured on Dr. Oz and The Today Show and spoke at the Village Center in July.

Please let us know if you plan to attend by calling 301-656-2797.

Cokie Roberts at the Center this month

Noted journalist Cokie Roberts will discuss her new children's (ages 7 to 12) book, *Founding Mothers: Remembering the Ladies*, at the Village Center on **Thursday, Sept. 11, at 7:30 p.m.**

This nonfiction picture book is based on her acclaimed work for adults, *Founding Mothers*, and highlights the female patriots of the American Revolution. It is illustrated by Caldecott Honor-winning artist Diane Goode.

Cokie Roberts is a political commentator for ABC News and NPR. She has won countless awards and was named a "Living Legend" by the Library of Congress in 2008.

Please sign up by calling 301-656-2797. Copies of the book, provided by Barnes and Noble, will be available for purchase.

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Tea and Talk: The sculptress and four presidents

Come to the Village Center on **Wednesday, Sept. 17, at 2 p.m.**, and learn about a young artist who had a link to four US Presidents.

Who was the lovely young woman who saw Lincoln on a daily basis during the last months of his life? Who was the first woman (and youngest person) to receive an artistic commission from the US Government? Who was credited with having saved President Andrew Johnson from an impeachment conviction by her beauty and charm? Who was the artist whom the House of Representatives voted to evict from her Capitol studio—until a famous Congressman interceded on her behalf? And who has a statue in Arlington Cemetery that has a distinction unrivaled by any other in the Cemetery?

Come and learn a story that should be better known to us all. Vinnie Ream's life is a tale that is worthy of a novel, if not a blockbuster film!

Lecturer Carol Bessette is a retired Air Force intelligence officer, a Vietnam veteran, a Certified Master Tour Guide in the Washington, DC area, and a frequent lecturer at the Friendship Heights Village Center. Afterward, please stay for tea.

Call 301-656-2797 to register.

Safe driving program next month

The AARP Driver Safety Program will be offered **Friday, Oct. 24, from 10 a.m. to 3 p.m.**, at the Village Center. Sandra Whitaker will be the instructor. The one-day course costs \$15 for AARP members (you must bring your membership card when you register **and also to the class**) and \$20 for nonmembers. Checks should be made out to AARP.

All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

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PLAYING on the BIG SCREEN

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

All movies begin at 7 p.m. **Featuring new big screen projection and new chairs!**

Thursday, Sept. 4, 7 p.m. — Movie — *Lone Survivor*

— Based on the best-selling book, *Lone Survivor* tells the story of four Navy SEALs on an ill-fated covert mission to neutralize a high-level Taliban operative who are ambushed by enemy forces in the Hindu Kush region of Afghanistan. This story of heroism, courage and survival is directed by Peter Berg. Stars Mark Wahlberg, Taylor Kitsch, Emile Hirsch, Ben Foster and Eric Bana. Rated R. Running Time: 121 minutes.

Thursday, Sept. 11, 7:30 p.m. — Book signing with *Cokie Roberts*, see page 4 for details.

Thursday, Sept. 18, 7:30 p.m. — Lecture with *Jacquelyn Serwer*, see page 1 for details.

Thursday, Sept. 25, 7 p.m. —

Movie — *Draft Day* — On the day of the NFL Draft, general manager Sonny Weaver has the opportunity to save football in Cleveland when he trades for the number one pick. He must quickly decide what he's willing to sacrifice in pursuit of perfection as the lines between his personal and professional life become blurred on a life-changing day for a few hundred young men with dreams of playing in the NFL. Stars Kevin Costner, Chadwick Boseman and Jennifer Garner. Rated R. Running Time: 120 minutes.



Cafe Muse presents...

This month's Café Muse, on **Monday, September 15, at 7 p.m.**, will feature poets Dennis M. Kirschbaum and Margaret Mackinnon.

Dennis M. Kirschbaum grew up in Baltimore. He is an Associate Vice President at Hillel International and is an Adirondack46er, having climbed to the summit of the highest mountains in New York State. His chapbook, *Clattering East*, was published in 2013.

Margaret Mackinnon's work has appeared in *Image*, *Poetry*, *New England Review*, *Georgia Review*, *Quarterly West*, *RHINO*, *Valparaiso Poetry Review*, *Poet Lore*, and other publications. Her awards include the Richard Eberhart Poetry Prize from Florida State University, a Tennessee Williams Scholarship from the Sewanee Writers' Conference, and the Graybeal-Gowen Poetry Prize from Washington and Lee University. Her first book, *The Invented Child*, won the 2011 Gerald Cable Book Award.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdcc.com.

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ART and CULTURE

Celebrating food!

You are invited to visit Friendship Gallery this month to see "Cuisine Art," an exhibit held in conjunction with the annual Taste of Friendship Heights. This multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists, will run from Sept. 1 through 27. Awards will be given to the winners at a reception on **Sunday, Sept. 7, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

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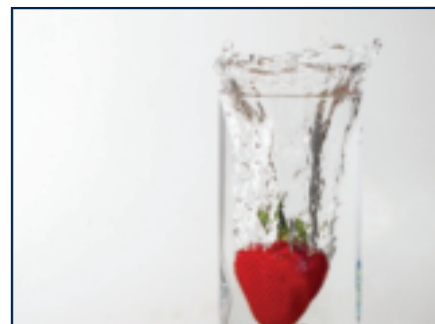


This year's awards judge, Ellen Kassoff Gray, brings 25 years of restaurant and hospitality experience. She and her husband Chef Todd Gray have owned and operated Equinox Restaurant for over 15 years, as well as Todd Gray's

Muse at the Corcoran Gallery of Art and Hamil Gray Catering Company. The DC natives are also celebrated cookbook authors.

Noted artist Millie Shott, art curator and instructor at the Village Center, will be the juror for the show and choose the art works to be exhibited.

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Savor the Moment," a photograph by Joseph Ardizzone, was last year's first place winner

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Friendship Heights
Village Center



Calendar
of Events

2014

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>Labor Day Center Open 9 a.m. to 2 p.m.</div> <div>10 a.m.: Great Books</div> <div>Shuttle bus runs on weekend schedule</div>	<div>2</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>3</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Mini-Musicals on the Move—West Side Story Selections</div>	<div>4</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Lone Survivor</div>	<div>5</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>7</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>8</div> <div>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>10</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Joint Replacement” 1 p.m.: Health Insurance Counseling 6 p.m.: Yoga with Kathryn 7:30 p.m.: Concert: Ginnie Carr</div>	<div>11</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Cokie Roberts</div>	<div>12</div> <div>9:15 a.m.: Drop-in Tai Chi 9:30 a.m.: Depart for Baltimore 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>13</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>14</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>15</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know your iPad 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>17</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Tea and Talk: The Sculptress and Four Presidents 6 p.m.: Yoga with Kathryn 7:30 p.m.: Tales in the Village: Jane Dorfman</div>	<div>18</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Jacquelyn Days Serwer: Nat’l Museum of African American History & Culture</div>	<div>19</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 12:30 – 2 p.m.: Vision Support Group</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>21</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>22</div> <div>10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7:30 p.m.: Carol Fennelly: Hope House</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Getting to Know your iPad 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>24</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling</div>	<div>25</div> <div>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Draft Day</div>	<div>26</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>27</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Spring 9 a.m.: Photography for Children 10:30 a.m.: Basic Photograph 12 – 4 p.m.: Taste of Friendship Heights</div> <div></div>
<div>28</div> <div>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>29</div> <div>10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Managing Digital Photos 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>Geico shredding day September 27</div> <div>On Saturday, September 27, from 9 a.m. to 12 p.m., Geico will have a shredding truck in their parking lot along Friendship Boulevard (near the intersection of Friendship and Western Avenue). This service is free and open to Village residents (no businesses are permitted). \$1 donations to Children’s Hospital will be accepted. Papers with staples or paper clips are acceptable. Please remove paper from 3-ring binders and spiral notebooks. No plastic or electronic items such as credit cards, CDs, or computer disks. Limit five paper bags (grocery-size) or small boxes of paper per household.</div> <div>This is the same day as the Taste of Friendship Heights, which begins at noon (see page 1). Come to the Taste after you finish shredding!</div>			

Shuttle bus hours



Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Protect yourself and fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Oct. 15, from 10 a.m. to 1 p.m.** to anyone nine years old and older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. Standard flu shots, of course, are available for people under 65. Pneumonia shots will also be available — check with your doctor to see if you need one. Please **specify at sign-up if you want the Fluzone HD or standard** (ask your doctor if you have questions about the high dose vaccine **before** you sign up).

- No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.
- The self-pay cost is \$25 for the standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$55 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for individuals without Medicare Part B.
- VNA does not accept Medicaid

Registration is a must. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Sept. 15. **You must have an appointment to receive a shot.**



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 29. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Dec. 8 (class will not meet Oct. 13).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 4. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 6. Minimum number of students is 10; maximum is 14.

AMERICAN SONGWRITERS

Washington legend John Eaton returns next month to teach his very popular series on American songwriters. Composers will include Jerome Kern, Cole Porter, and, Harold Arlen. The final class on composition and improvisation will give a glimpse of Mr. Eaton's life and career and will include a performance of what he considers the best in American music. The 4-week course begins Oct. 15. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends Nov. 5. A short concert by Mr. Eaton highlights each session.

BASIC PHOTOGRAPHY FOR CHILDREN

This 8-week course in black and white and color photography, taught by Lew Berry, begins Sept. 6. Meets Saturdays from 9 to 10 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Nov. 1 (class will not meet Oct. 4).

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Oct. 18. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students

will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends Dec. 13 (class will not meet Nov. 29).

PAINTING WITH INK

A 4-week course, taught by artist and Village art curator Millie Shott, begins Oct. 24. For beginning as well as returning students. Meets Fridays from 1 to 3 p.m. Students will work and experiment with colored inks. Cost is \$60 for residents; \$65 for nonresidents, which includes all supplies. Session ends Nov. 14. Minimum number of students is 4; maximum number is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 3. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Oct. 8.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 4. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch — brown bag only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is Nov. 13 (class will not meet Sept. 25).

CARD GAMES

INTERMEDIATE BRIDGE

This 7-week series taught by Frank Shull, a life master at bridge, begins Oct. 15. Meets Wednesdays from 4:30 to 6:30 p.m. Students will review the meaning of overcalls and doubles after the player's right hand

opponent has made the first bid. Bids that should be made by you and your partner will be explained. The maximum number of students is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$123 for residents, \$129 for nonresidents. Session ends Dec. 3 (class will not meet Nov. 26).

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Meets Mondays from 2 to 4 p.m. and begins Oct. 20. The instructor, Robin Dinerman, will provide games and cards for class. Call Robin at 301-942-0546 with questions. A minimum of 4 students is required; maximum is 8. The cost is \$93 for residents; \$98 for nonresidents (cost includes \$9 for materials). Session ends Nov. 24.

COMPUTER EDUCATION

GETTING TO KNOW YOUR IPAD

This 2-week session meets Tuesday, Sept. 16 and 23, from 2 to 3 p.m. Classes will cover all the basics of iPad navigation. Class will cover step-by-step instruction of the basic settings and troubleshooting common ways people get "stuck." We will explore some amazing apps that are available for photos, music, history, etc. We will also learn how to organize apps, save and share photos. Class will cover tips for using the App Store, including how to identify a good app from a poor one. Bring your iPad if you have one. Handouts with step-by-step instructions will be provided for later reference at home. Instructor is Pam Holland, president of TechMoxie. Cost is \$30.

MANAGING DIGITAL PHOTOS

This 2-week session meets Tuesday, Sept. 30 and Oct. 7, from 2 to 3 p.m.: This class will explore options for converting paper photos to digital (scanning), sharing photos, and printing. Pam Holland, the instructor will teach how to upload photos to online services to print, make photo memory books, calendars, and other memorabilia. Class will include simple tips on organizing

your photos for easy retrieval later. We will also learn the options for backing up your photos to prevent loss if something happens to your computer or iPad. Participants should be comfortable with basic computer, iPad or laptop functions. Cost is \$30.

SOCIAL MEDIA

This one-day session meets on Tuesday, Oct. 14, from 2 to 3 p.m. Even if you never "Tweet," wouldn't it be nice to understand what all the fuss is about? Have you been hearing about Twitter, Pinterest, LinkedIn, Instagram, Facebook, and Vine? The class will give a tour and explanation of the latest social media apps and how they are being used by teens, business and even government. No computer skills are needed to enjoy this class. Instructor is Pam Holland, president of TechMoxie. Cost is \$15.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 6-week class begins Sept. 2. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 7. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. You may try this class at the first session. If you decide to join, please register at the end of the hour.

CHAIR EXERCISE

This 7-week class begins Sept 3. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends Oct. 15. You may try this class at the first session. If you decide to join, please register at the end of the hour.

EVENING YOGA WITH KATHRYN

This 6-week class begins Sept. 10 and meets Wednesdays from 6 -7 p.m. The class will focus on strengthening and stretching body and mind with attention given to balancing

ease and effort. Please bring a yoga mat and a towel or blanket. Be prepared to work hard and relax easy. Questions? Call Kathryn Chiariello at 240-743-4294. The cost is \$65. Session ends Oct. 22 (class will not meet Sept. 24). You may try this class at the first session. If you decide to join, please register at the end of the hour.

MAT PILATES

The 6-week session begins Sept. 2. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends Oct. 7.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 5. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 10.

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 8. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 13. You may try this class at the first session. If you decide to join, please register at the end of the hour.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Sept. 4. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for

nonresidents. Minimum number is eight. Session ends Oct. 16 (class will not meet Sept. 25). You may try this class at the first session. If you decide to join, please register at the end of the hour.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 2. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Oct. 7.

YOGA WITH ROBIN (Day)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's *Cherryblossom Yoga*, and begins Sept. 7. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$134 for residents; \$139 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 21, Oct. 12, Nov. 2 and 30). You may try this class at the first session. If you decide to join, please register at the end of the hour.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to

Continued on page15

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CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Sept. 3 — *Mini-Musicals on the Move* — *West Side Story Selections* — Mini-Musicals on the Move was born in 2008 when a group of friends in suburban Washington, D.C., used their combined expertise in organizing sing along parties, storytelling and vocal performance to create “living room sized performances” of classic Broadway musicals. This performance, which features narration and audience participation, will include selections from *West Side Story*.

Wednesday, Sept. 10 — *Ginnie Carr* — A versatile pianist/singer Ginny Carr has shared her commanding piano and vocal stylings with audiences in East Coast cities for several decades. She has been both a featured performer and accompanist with symphony orchestras, theatrical revues and shows, and big bands.

Wednesday, Sept. 17 — *Tales in the Village featuring Jane Dorfman* — Jane Dorfman tells tales of dutiful daughters

and wise women, faithful sons and wicked kings, of magic skipping ropes and tricky animals and clever kids. She tells stories for children and adults at festivals, in libraries and in the schools. She has performed at the Smithsonian Institution and at storytelling classes at the University of Maryland and Catholic University and is a repeat teller at the Washington Folk Festival and Voices in the Glen.

Wednesday, Sept. 24 — *No Concert* — *Happy Rosh Hashanah*

The Village Book Club will meet this month on **Tuesday, Sept. 16, at 11 a.m.** The book selection is *My Beloved World* by Sonia Sotomayor. Look for a copy of the book in the Center Reading Room on the shelf marked “Village Book Club Selections.”

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TO YOUR HEALTH

Get back into action with joint replacement

Dr. Christopher Farrell, orthopedic surgeon, will provide a detailed review of the latest advances in joint replacement as well as treatment options for common hip and knee joint stiffness, swelling, and pain, at this month's Suburban Lecture at the Village Center on **Wednesday, Sept. 10, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: Prevent falls, one step at a time

Learn how to lower your risk of fall-related injury at the Vision Support Lunch and Learn at the Village Center on **Friday, Sept. 19, at 12:30 p.m.**

According to the CDC, one third of adults over 65 fall each year in this country. People with vision loss are almost twice as likely to experience multiple falls — and those with movement disorders are at an increased risk.

Come and learn techniques and strategies to protect yourself from a bad fall. Speaker Lisa Branick is an occupational therapist on staff at Sibley Hospital. She is certified in movement disorder with a special interest in age-related vision changes.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.



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Classes and Clubs, continued from page 11

noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays each month from 1 to 3 p.m. Call 301-590-2819 for

an appointment.

SCRABBLE

Scrabble players meet at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from

12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



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Council approves drawings for Page Park playground

At its monthly public session on August 19, the Council approved drawings to place playground equipment in Page Park. The plans call for two play areas—one for children ages 2-5, the other for ages 5-12—along with the removal of the barbecue pit and the old swingset in the back of the park. Pictured at right is equipment proposed for the older children.

The walkway that connects with the path to Somerset will be regraded and resurfaced with colored concrete. The beech tree in the middle of the park (with the stone wall around it) will remain in place and will separate the two play areas.

Following a series of motions and amendments, the Council altered Grace Fielder's latest plan by removing a proposed gazebo and fencing around the play areas. Instead there will be a fence along the back of the park to restrict children from running or falling down the hill to the creek.

The play areas will have a poured in place green surface with some beige circles. All the equipment colors will be beige, green, and brown. The play areas will be connected

by a brick walkway. Due to the amount of regrading that will be required, a retaining wall will be placed in the back of the park. Benches will be provided at several locations.

Once the drawings are complete we will advertise for bids for the ground preparation and playground equipment installation. The proposals will then be brought back to the Council for their consideration.



New big screen for movies

Our new video projection system in the Village Center auditorium made its debut in mid-August. Check out our movies on the big screen on Thursday nights and sit in our new chairs! For a listing of movies this month, see page 6.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

September 2014 events calendar